

How Busy Moms Can Ditch The Guilt, Say Yes To What Matters, And Conquer Their Day

Being a mom is a full-time job in itself. Add a career, household responsibilities, and a social life into the mix, and it's no wonder that many moms feel overwhelmed and guilty. Guilt can often stem from feeling like you're not doing enough, not spending enough time with your kids, or not being fully present in every aspect of your life. However, it's important for busy moms to ditch the guilt, say yes to what matters, and conquer their day.

Recognize the unrealistic expectations

One of the major reasons why moms feel guilty is the unrealistic expectations placed on them by society, and sometimes even by themselves. Images portrayed on social media and in the media showcase seemingly perfect moms who can juggle it all effortlessly. However, it's essential to recognize that these images are often unrealistic and do not depict the everyday struggles of being a mom.

By acknowledging that you cannot do it all, all the time, you can free yourself from the guilt that comes with not achieving these unrealistic standards. Remember that you're only human, and it's perfectly okay to ask for help or take a break when needed.

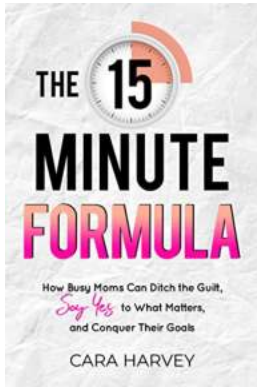
The 15 Minute Formula: How Busy Moms Can Ditch the Guilt, Say Yes to What Matters, and Conquer Their Goals by Cara Harvey (Kindle Edition)

★★★★☆ 4.9 out of 5

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Learn to say no

As a mom, you may feel obliged to say yes to every request that comes your way. Whether it's volunteering at your child's school, taking on extra work projects, or attending social events, saying yes to everything can quickly lead to burnout and guilt over not being able to do it all perfectly.

Learning to say no is crucial for your own well-being and sanity. Prioritize your commitments and only say yes to what truly aligns with your values and goals. Saying no doesn't make you a bad mom; it means you're taking care of yourself and ensuring you have the energy and time for what truly matters in your life.

Set realistic expectations

A key way to ditch the guilt is by setting realistic expectations for yourself. Understand that you have limitations and that there are only 24 hours in a day. Trying to accomplish too much in a short amount of time will only leave you feeling defeated and guilty.

Create a daily to-do list that focuses on the most important tasks. Instead of aiming for perfection, aim for progress. Celebrate the small victories and let go of

the need for everything to be perfect. Remember that your worth as a mom is not determined by how flawlessly you accomplish every task but by the love and care you provide for your children.

Practice self-care

Self-care is often overlooked by busy moms due to feelings of guilt or the perception that taking time for oneself is selfish. However, self-care is essential for your overall well-being and ability to be present for your family.

Find activities that bring you joy and make time for them regularly. It could be as simple as taking a walk alone, reading a book, or enjoying a bubble bath. Taking care of yourself will replenish your energy levels, reduce stress, and allow you to be a better mom.

Ask for support

No mom can do it all on her own. Asking for support is not a sign of weakness but rather a sign of strength. Reach out to your spouse, family members, or friends for help with childcare, household chores, or even emotional support.

Delegate tasks and share responsibilities with your partner to lighten your load. Engage your children in age-appropriate activities that teach them responsibility and contribute to the household chores. Remember that being a mom doesn't mean you have to do everything by yourself.

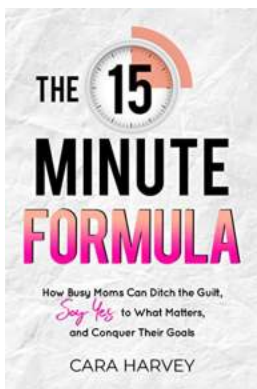
Reframe your mindset

To conquer the guilt, it's crucial to reframe your mindset and focus on what truly matters. Instead of dwelling on all the things you haven't done or the times you feel you've fallen short, focus on the moments when you made your children laugh, the times you comforted them, or the memories you've created together.

Shift your perspective and embrace the idea that you're doing the best you can with the resources, time, and energy you have. Embrace imperfection and remember that being present and loving your children is ultimately the most important thing.

Busy moms often carry a heavy load of guilt, but it doesn't have to be that way. By recognizing unrealistic expectations, learning to say no, setting realistic expectations for yourself, practicing self-care, asking for support, and reframing your mindset, you can conquer the guilt and say yes to what truly matters in your life.

Remember, being a mom is a journey filled with ups and downs. By prioritizing your well-being, you'll be able to show up as the best version of yourself for your children and conquer each day with confidence and joy.



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Are you tired of feeling overwhelmed, burnt out and like there is no time for you?

As a busy mom, it can feel nearly impossible to find time to work on your goals. Between the piles of laundry, dishes in the sink, taking care of your home and the day to day demands, your to-do list can feel never ending. You feel like you barely have time to make dinner, how are you going to find time for your goals?

This innovative book takes the approach of Priority Based Productivity to help busy moms learn how to create time for their goals without adding a million things to their already full to-do lists. Instead of relying on motivation, you'll learn how to create a priority based path that makes sense for you and your life.

I know what it feels like to have these big dreams and goals but to feel like you'll never achieve them. You may feel stuck in motherhood and like you're losing yourself. You desperately want to work on your goals but you feel guilty about taking any time for yourself. And even if you push past those feelings of mom guilt, your ever growing to do list and kids' needs seem to always jump in front of even just a few minutes for you.

Other productivity books out there will teach you to hustle. They'll tell you that the only way to be successful is to get up at 5am or burn the midnight oil. That approach may work for some - but not for us moms.

We need a different approach. The 15 Minute Formula is that approach.

In just 15 minutes a day you'll learn about the 5 Pillars of Priority Based Productivity

1. Vision
2. Time Management
3. Goals

4. Habits

5. Routines

In this book, you'll learn how to customize your day so that you can sneak in some time for yourself, while still being there as a present mom. You'll learn how to slow things down so you can actually get more done of what matters. You'll learn a proven method for breaking down your big dreams and goals so that instead of feeling overwhelmed, you're excited and ready to tackle the day.

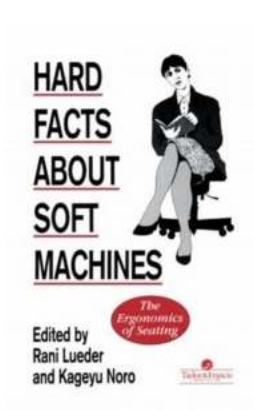
The 15 Minute Formula will cover:

- How to use seasonality of life in your goal setting
- Why your motivation isn't going to help you succeed
- How to use time blocking in a way that gives you flexibility and urgency
- The best way to break a bad habit for good
- How you can use 15 Minutes a day to chip away at the goals that matter to you
- What to do when your family isn't on board with your big goals
- How to ditch the mom guilt when it comes to taking time for you
- And More!

Stop putting yourself last and filling your days with everything for everyone else. It's time to give yourself permission to dream, and create time for your goals – all while picking cheerios off the floor and tucking your kids into bed.

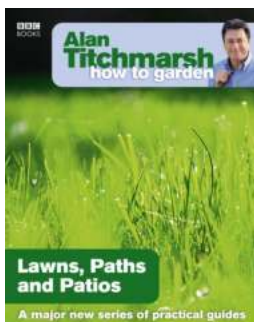
It is possible to manage motherhood and your goals, without the guilt and burnout. The 15 Minute Formula will get you there.

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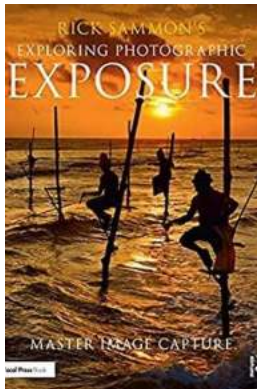
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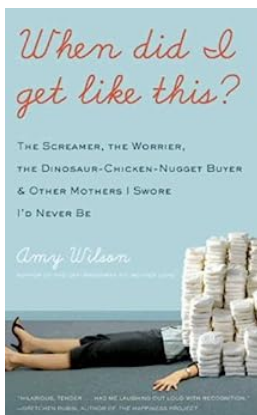
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